

# BULLETIN



C/S Info Centre exists to meet the information needs of  
Consumer/Survivors in the Toronto Area

Bulletin 422 July 16 - 31, 2010

C/S Information Resource Centre of Toronto, 1001 Queen St. West, Toronto, ON  
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Open Monday – Friday. Phone Hours: 9 – 5 Drop-in Hours: 9 – 4  
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## Mad Pride 2010 Events

Mad Pride Continues with the following scheduled events:

Friday July 16 from 5 – 10 pm. Mad Culture Jam: *Dream Team, Pandemic Theatre, Friendly Spike & others.*  
By The Friendly Spike Theatre Band. May Robinson Auditorium, 20 Westlodge Ave.

- *Dream Team – 5pm*
- *Open Stage and Brown Bag supper - 5:30pm*
- *Pandemic Theatre 6:30*
- *A Tale of Intolerance, Charlene Zack 7pm*
- *The Friendly Spike Theatre Band presents – 7:30pm A reading of their new play: The Dega and The Delbasid*

Saturday July 17 from 1 – 5 pm. **Fourth Annual Bed Push Parade, Bobbi Nahwegahbow Memorial Award, Mad Pride Honors, and Party at PARC.** By The Mad Pride Organizing Committee with PARC. Gather at the front of CAMH, 1001 Queen Street West and join the parade to PARC, 1499 Queen Street West. **Featuring a historical scene and the PARC Drummers!**

**Mad Pride!**

## NEWSBYTES

“Vodka Eyeballing” harmful. The American Academy of Ophthalmology has issued a statement to the public about pouring vodka directly into the eyes. The practice can cause pain, infection and possibly even lead to permanent loss of vision. The amount of vodka absorbed by the eye is too small to produce a “quick high”.

<http://www.medicalnewstoday.com/articles/190578.php>

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**Study shows test for Alzheimer's effective.** 5 years ago Dr. Daniel Skovronsky started Avid Radiopharmaceuticals in Philadelphia to develop a dye and brain scan that he believed would show the build up of amyloid plaques in the brain. Proof of its effectiveness came on May 14. The significance of this discovery is that it may provide a reliable way to diagnose Alzheimer's in patients experiencing memory problems. There is a high rate of misdiagnosis of Alzheimer's. The instrument may also provide a way to determine whether drug treatments are helping. The finds are still to be confirmed and approved by the FDA.

<http://www.nytimes.com/2010/06/24/health/research/24scans.html>

**Mental Health impact of BP spill.** University of South Alabama researcher Steve Picou says that the BP oil spill will have larger negative effects on mental health than the Exxon Valdez spill. These effects include depression and substance abuse. Louisiana has asked BP to provide \$10 million for mental health services to those affected by the spill.

<http://www.canada.com/health/Expert+sees+mental+health+effects+from+spill/3220629/story.html>

**Websites promote eating disorders.** A Johns Hopkins University study of 180 websites and blogs that promote eating disorders including bulimia and anorexia reveals that most provide tips on how to practice the eating disorder. 40 per cent of the sites had clearly labeled sections for tips while others had tips strewn throughout the site. The sites are influential because people with eating disorders may tend to isolate socially and seek an online social network. 85 percent of the sites contained so called "thinspiration" material, images and prose promoting weight loss. Many of the sites have a recovery orientation despite containing thinspiration material. [http://www.kidsmentalhealth.ca/news\\_and\\_events/view\\_html\\_article\\_clinical.php?id=1222](http://www.kidsmentalhealth.ca/news_and_events/view_html_article_clinical.php?id=1222)

**Mounting evidence against diabetes drug Avandia.** A new study supports the conclusion of earlier studies that the diabetes drug Avandia (rosiglitazone) poses serious health risks, including heart problems, stroke and perhaps even death. An editorial by the *Journal of the American Medical Association (JAMA)* says the drug is dangerous and should be taken off the market. GlaxoSmithKline Inc. stands by the drug and says the research isn't definitive. Health Canada does not oppose the use of Avandia but recommends it not be taken alone unless other therapies are not appropriate. The FDA is to meet in July to review the risks and benefits of the drug.

<http://www.theglobeandmail.com/life/health/new-avandia-study-raises-more-questions-about-diabetes/article1622006/>

**Fish, vitamin D, protective against psychosis for women.** High intake of fish, omega-3 or omega-6 polyunsaturated fatty acids and vitamin D may be protective against symptoms of psychosis for women. The research, published in the journal *BMC Psychiatry* studied the diets of 33,623 Swedish women. After adjusting for other factors, women who ate fish three to four times a week for 53% less likely to experience high levels of psychotic symptoms than those who never ate fish. <http://www.inpsychiatry.com/news/article.aspx?id=88142>

**Overinvolvement by family and reduced quality of life after first episode of psychosis.** A new study reveals that over-involvement by care-givers reduces quality of life for people who have recovered from a first episode of psychosis. Researchers found that the more families felt burdened by coping with the person's symptoms, the worse the quality of life was for the patient. Researchers comment that some families undergo a grief process when a family member experiences psychosis and this can lead to "controlling attitudes and behaviours" which reduce quality of life for the patient. The study is published in the journal *Schizophrenia Research*.

<http://www.inpsychiatry.com/news/article.aspx?id=88193>

**Bipolar Disorder and Metabolic Syndrome.** A University of Toronto study published in the *Journal of Affective Disorders* reports that people with bipolar disorder have a two-fold rate of metabolic syndrome compared to the general population. People with bipolar disorder and metabolic syndrome have a greater risk of depression and suicidality. Metabolic syndrome is a set of factors including abdominal obesity, high cholesterol, triglycerides, blood pressure and insulin resistance that predisposes people to heart disease and diabetes. <http://www.inpsychiatry.com/news/article.aspx?id=88107>

# GIFT-WRAP

## Mary Ellen Copeland's Wellness & Recovery Resources

Here's a continuation of Mary Ellen Copeland's booklet *Building Self-Esteem – A Self-Help Guide*. We published the first two chapters in two recent editions of the Bulletin. It is located in the public domain and may be reproduced or copied without permission. Here is the final chapter of the booklet.

From *Building Self-Esteem – A Self-Help Guide* by Mary Ellen Copeland

### Activities That Will Help You Feel Good About Yourself

Any of the following activities will help you feel better about yourself and reinforce your self-esteem over the long term. Read through them. Do those that seem most comfortable to you. You may want to do some of the other activities at another time. You may find it helpful to repeat some of these activities again and again.

#### **Make affirming lists.**

Making lists, rereading them often, and rewriting them from time to time will help you to feel better about yourself. If you have a journal, you can write your lists there. If you don't, any piece of paper will do.

#### **Make a list of —**

- at least five of your strengths, for example, persistence, courage, friendliness, creativity
- at least five things you admire about yourself, for example the way you have raised your children, your good relationship with your brother, or your spirituality
- the five greatest achievements in your life so far, like recovering from a serious illness, graduating from high school, or learning to use a computer
- at least 20 accomplishments—they can be as simple as learning to tie your shoes, to getting an advanced college degree
- 10 ways you can "treat" or reward yourself that don't include food and that don't cost anything, such as walking in woods, window-shopping, watching children playing on a playground, gazing at a baby's face or at a beautiful flower, or chatting with a friend
- 10 things you can do to make yourself laugh
- 10 things you could do to help someone else
- 10 things that you do that make you feel good about yourself

#### **Reinforcing a positive self image**

To do this exercise you will need a piece of paper, a pencil or pen, and a timer or clock. Any kind of paper will do, but if you have paper and pen you really like, that will be even better.

Set a timer for 10 minutes or note the time on your watch or a clock. Write your name across the top of the paper. Then write everything positive and good you can think of about yourself. Include special attributes, talents, and achievements. You can use single words or sentences, whichever you prefer. You can write the same things over and over if you want to emphasize them. Don't worry about spelling or grammar. Your ideas don't have to be organized. Write down whatever comes to mind. You are the only one who will see this paper. Avoid making any negative statements or using any negative words—only positive ones.

When the 10 minutes are up, read the paper over to yourself. You may feel sad when you read it over because it is a new, different, and positive way of thinking about yourself—a way that contradicts some of the negative thoughts you may have had about yourself. Those feelings will diminish as you reread this paper.

Read the paper over again several times. Put it in a convenient place—your pocket, purse, wallet, or the table

beside your bed. Read it over to yourself at least several times a day to keep reminding yourself of how great you are! Find a private space and read it aloud. If you can, read it to a good friend or family member who is supportive.

### **Developing Positive Affirmations**

Affirmations are positive statements that you can make about yourself that make you feel better about yourself. They describe ways you would like to feel about yourself all the time. They may not, however, describe how you feel about yourself right now. The following examples of affirmations will help you in making your own list of affirmations —

- I feel good about myself
- I take good care of myself. I eat right, get plenty of exercise, do things I enjoy, get good health care, and attend to my personal hygiene needs
- I spend my time with people who are nice to me and make me feel good about myself
- I am a good person
- I deserve to be alive
- Many people like me

### **Make a list of your own affirmations.**

Keep this list in a handy place, like your pocket or purse. You may want to make copies of your list so you can have them in several different places of easy access. Read the affirmations over and over to yourself—aloud whenever you can. Share them with others when you feel like it. Write them down from time to time. As you do this, the affirmations tend to gradually become true for you. You gradually come to feel better and better about yourself.

### **Your personal "celebratory scrapbook" and place to honor yourself.**

Develop a scrapbook that celebrates you and the wonderful person you are. Include pictures of yourself at different ages, writings you enjoy, mementos of things you have done and places you have been, cards you have received, etc. Or set up a place in your home that celebrates "you." It could be on a bureau, shelf, or table. Decorate the space with objects that remind you of the special person you are. If you don't have a private space that you can leave set up, put the objects in a special bag, box, or your purse and set them up in the space whenever you do this work. Take them out and look at them whenever you need to bolster your self-esteem.

### **Appreciation exercise.**

At the top of a sheet of paper write "I like \_\_\_\_\_ (your name) because:" Have friends, acquaintances, family members, etc., write an appreciative statement about you on it. When you read it, don't deny it or don't argue with what has been written, just accept it! Read this paper over and over. Keep it in a place where you will see it often.

### **Self-esteem calendar.**

Get a calendar with large blank spaces for each day. Schedule into each day some small thing you would enjoy doing, such as "go into a flower shop and smell the flowers," "call my sister," "draw a sketch of my cat," "buy a new CD," "tell my daughter I love her," "bake brownies," "lie in the sun for 20 minutes," "wear my favorite scent," etc. Now make a commitment to check your "enjoy life" calendar every day and do whatever you have scheduled for yourself.

### **Mutual complimenting exercise.**

Get together for 10 minutes with a person you like and trust. Set a timer for five minutes or note the time on a watch or clock. One of you begins by complimenting the other person—saying everything positive about the other person—for the first five minutes. Then the other person does the same thing to that person for the next five minutes. Notice how you feel about yourself before and after this exercise. Repeat it often.

### Self-esteem resources.

Go to your library. Look up books on self-esteem. Read one or several of them. Try some of the suggested activities.

### In Conclusion

This booklet is just the beginning of the journey. As you work on building your self-esteem you will notice that you feel better more and more often, that you are enjoying your life more than you did before, and that you are doing more of the things you have always wanted to do.

From *Building Self-Esteem – a Self-Help Guide* by Mary Ellen Copeland

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## COMMUNITY ANNOUNCEMENTS

(Inclusion of an announcement is not an endorsement of the views of any organization or individual.)

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# intervoice

The international community for hearing voices: [www.intervoiceonline.org](http://www.intervoiceonline.org)



As a launch of the *Canadian Hearing Voices Network*,  
The Leadership Project, in consultation with Intervoice presents:

### “Do You Hear What I Hear? Alternative Perspectives on the Voice-Hearing Experience”

Monday, July 19, 2010

1 – 4 pm

Workman Arts Theatre

651 Dufferin St. (in St. Anne’s Anglican Church, just North of Dundas/Dufferin intersection)

This (free) forum is planned with the aim of better understanding the voice-hearing experience, and providing education on alternative perspectives and strategies.

The forum will involve two special guests from the US and the UK, as well as a community panel, and a question and answer period.

Our special guests are, Will Hall, in person, and Rufus May, via Skype.

Will Hall is a mental health advocate, writer, and counselor. Diagnosed with schizophrenia, he is recognized internationally as a leading organizer with the psychiatric survivor movement. In 2001 he co-founded the Freedom Center and in 2005 became a co-coordinator of The Icarus Project. Will hosts the FM radio program Madness Radio, and in 2009 co-founded Portland Hearing Voices. He lives in Portland Oregon, where he studies Process Oriented Psychology and has a counseling practice.

Rufus May became interested in recovery from mental health problems after psychiatric treatment for psychosis when he was eighteen years old. He trained as a psychologist and for the last 15 years has been seeking to promote more helpful approaches to states of confusion and distress. Rufus supports five self-help/recovery groups, including a ‘hearing voices’ self-help group and an ‘unusual beliefs’ self help group (‘Believe it or not!’ group).

For more information: contact Brian McKinnon, 416-285-7996, ex. 227, or [bmckinnon@alternativestoronto.org](mailto:bmckinnon@alternativestoronto.org)

### Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, and networking. Coaching in MS Office, PhotoShop, etc. Virus and spy ware scans and clean-ups. Contact Martha at [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

## SETTLEMENT APPROVED IN ZYPREXA (OLANZAPINE) CLASS ACTIONS IN CANADA TORONTO, ONTARIO

MEDIA ADVISORY For Immediate Release - June 30, 2010 SETTLEMENT APPROVED IN ZYPREXA (OLANZAPINE) CLASS ACTIONS IN CANADA TORONTO, ONTARIO - A Settlement Agreement in the Canadian Zyprexa class actions has now been approved by the Canadian Courts. The class actions were brought on behalf of Canadian patients who used the antipsychotic Zyprexa (olanzapine) prior to June 6, 2007 in respect of allegations that the Defendants Eli Lilly Canada Inc. and Eli Lilly and Company sold Zyprexa without properly warning of alleged increased risks of developing diabetes and related disorders such as hyperglycemia, ketoacidosis, and pancreatitis. The Defendants deny these allegations and deny any wrongdoing or liability. The allegations made have not been proven in court, and the court has not taken any position as to the truth or merits of the claims or defences asserted by either side. Canadian patients who have been prescribed Zyprexa should consult with their physicians if they have any questions with respect to their medical condition and should not stop taking Zyprexa without consulting with their health care professional.

"We are very pleased with this result and look forward to moving ahead with the implementation of the compensation program" says Michael Eizenga, one of the Class Counsel responsible for negotiating the settlement. "We would like to commend the Defendants for putting this compensation program in place for Canadians." Claude Desmeules, another of the Class Counsel, indicated that "formal notice of the settlement provides details, including deadlines, of how claimants are able to submit a claim." John Rudolph, Chief Legal Counsel, Eli Lilly Canada, stated: "While we believe the allegations are without merit, Lilly is taking this difficult step because we believe it is in the best interest of the company as well as the Canadian patients and the Canadian health care professionals who depend on this important medication."

The Plaintiff classes in these actions are represented by a consortium of four Canadian firms:

- Siskinds LLP and Stevensons LLP in Ontario and all provinces and territories other than Quebec and British Columbia
- Siskinds, Desmeules in Quebec
- Poyner Baxter LLP in British Columbia

The Defendants in these actions are represented by Osler, Hoskin & Harcourt LLP.

For further information: Please see [www.classaction.ca](http://www.classaction.ca) (English and French), [www.classproceedings.ca](http://www.classproceedings.ca), [www.poynerbaxter.com](http://www.poynerbaxter.com) or contact Michael Eizenga (English enquiries) at (416) 777-4879, Dan McConville (English enquiries) at 1-866-940-8329 or Yves Bergeron (French enquiries) at (418) 694-2009.

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For coupon clippers: [www.save.ca](http://www.save.ca) SAVE.CA is a Canadian corporation operating in the packaged goods coupon industry. Our mission is to help packaged goods manufacturers introduce their high-quality brands to Canadian consumers, by providing a forum where they can showcase their products, provide information and offer consumers great savings. When you place an order with Save.ca it's printed and mailed to you on the next business day

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**Wish List:** We have received requests for a dehumidifier, a large pot for canning fruits and vegetables, a short-sleeved, size small, women's cycling jersey, and a fan or a/c. Please contact us if you have any of these items to donate.

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# EMPLOYMENT MATTERS

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## Habitat Services Inspector

The **Habitat Services Inspector** is responsible for inspecting and documenting housing standards and nutritional standards in boarding homes under contract with Habitat Services. The Inspector will encourage and assist the boarding homes to meet the standards thereby enhancing the quality of life for the tenants.

The Habitat Inspector will also be responsible for entering information from regular site visits into a database and preparing letters to be mailed out. The Inspector will also make recommendations for sanctions in cases of continued or critical deficiencies.

### Qualifications:

- **Good knowledge of the mental health system in Toronto and understanding of the needs of consumers/survivors of the mental health system**
- **Experience working with consumers/survivors of the mental health system**
- **Problem-solving skills, including ability to identify and participate in the resolution of issues/problems**
- **Experience negotiating and mediating in difficult circumstances**
- **Documentation, organizational and time management skills**
- **Demonstrated commitment to working in partnership with other service providers and consumer/survivors to ensure problems are identified and resolved**
- **Understanding of issues related to poverty and homelessness**
- **Experience working in contract administration is an asset**
- **Knowledge of the Residential Tenancies Act is an asset**
- **Personal lived experience in the mental health system is an asset**
- **A second language is an asset**
- **Previous experience in building inspection, maintenance, public health or other similar fields an asset**

Salary range: \$38,740 – 41,740

This is a one year full time contract position.

**Habitat Services is an equal opportunity employer.**

Resumes and covering letters must be submitted by 12:00 noon on July 19<sup>th</sup>, 2010 **by email, mail, or in person**. Please specify your interest in the **Habitat Services Inspector** position in your covering letter. Thank you for your interest; only candidates selected for an interview will be contacted.

By email, apply to:

The Hiring Committee

"Habitat Inspector – Contract Position"

[cpersaud@habitat-services.org](mailto:cpersaud@habitat-services.org)

By mail, apply to:

The Hiring Committee

"Habitat Inspector – Contract Position"

**Habitat Services**

**2238 Dundas Street West, Suite 301**

**Toronto, ON**

**M6R 3A9**

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# PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for July 16 - July 31

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For TTC information call 416-393-4636 (INFO) or visit the TTC website.

## ART

Thurs 22 from 10 am – 5:30 pm. **From the Soul.** “A collection of works that will arouse the conscious, still the mind and soothe the soul.” An art exhibition featuring over 100 works from African-Canadians. ROM, 100 Queen’s Park. 416-391-5608 [www.rom.on.ca](http://www.rom.on.ca) FREE

July 27 7:30 – 11:30 pm. **Art Battle 7.** Live competitive painting right before your eyes. Three rounds of painting, 2 with painters from the audience and one with featured headliners. Great music, a lively auction and a chance to be called to the canvas or walk home with a masterpiece. The Great Hall, 1087 Queen Street West. [www.artbattleto.com](http://www.artbattleto.com) or Lavinia Sharp at [lavillian@gmail.com](mailto:lavillian@gmail.com) \$5 painters and \$10 patrons.

## DANCE

Tues 20 to Fri 23 at 7 pm. **Dusk Dances.** As dusk falls each night, performers will lead you through the park to experience 5 original and traditional dance pieces. Neilson Park, south of Finch, on Neilson Road. 416-504-6429 ext. 41 [www.duskdances.ca](http://www.duskdances.ca) PAY WHAT YOU CAN

## FESTIVAL

Sat 17 from 10 am – 4 pm. **Caribana Junior Carnival.** Young masqueraders dance through the streets in brightly coloured costumes to live Caribbean beats. Yorkgate Mall, 1 Yorkgate Boulevard (Jane Street and Finch Avenue). 416-833-6154 [www.caribanatoronto.com](http://www.caribanatoronto.com) FREE

Sat 17 at 11 am. **Annual Festival of India Parade.** Featuring 40 foot tall floats, singing, dancing and drumming. Starts at the corner of Yonge Street and Bloor Street and heads down to the lakeshore. 1-888-535-3378 [www.feedyoursoul.to](http://www.feedyoursoul.to) FREE

Fri 23 6 pm – 10 pm, Sat 24 12 pm – 10 pm, and Sun 25 12 pm – 6 pm. **Masala! Mehndi! Masti!** South Asian festival showcases the greatest talent that Toronto has to offer in Comedy, Dance, Fashion, Film, Literary Arts, Music, Spoken Word, Theatre, Visual Arts and Workshops and Seminars. Exhibition Place, 416-666-9494 [www.masalamehndimasti.com](http://www.masalamehndimasti.com) Many events are FREE

Sat 31 from 10 am – 6 pm. **Caribana Parade.** Soca, Calypso and Steel Pan music accompany floats and masquerading dancers celebrating everything Caribbean. Begins at Exhibition Place and the Lakeshore and travels westbound to Parkside Drive. 416-833-6154 [www.caribanatoronto.com](http://www.caribanatoronto.com) FREE

## KID STUFF FOR GROWN-UPS

Sat 31 from 9 pm – 10:30 pm. **LED Lightsaber Battle.** Be part of a massive Star Wars battle of Jedi vs. Sith. Choose a side of the force and wield the noblest ancient weapon, the lightsaber, in the ultimate nocturnal showdown. Bring your own LED lightsaber or reserve one for \$5 by July 21<sup>st</sup>. Location to be announced closer to the event. Get all the details at [www.newmindspace.com](http://www.newmindspace.com). FREE

## MARKETS

Wed 21 & 28 from 10 am – 2 pm. **Fresh Wednesdays.** Live noon-hour concerts by local musicians and an outdoor farmers market of fresh Ontario produce. Nathan Phillips Square, 100 Queen Street West at Bay. 416-395-0490 [www.utoronto.ca](http://www.utoronto.ca) FREE

Sun 25 from 12 -7 pm. **Pedestrian Sundays.** Shop, eat and enjoy free entertainment--all on car-free streets. Kensington Market (College Street and Augusta Avenue) [www.pskensington.ca](http://www.pskensington.ca) 416-826-2964. FREE

## MOVIES

July 19, Aug. 9, 23 from 6 – 8 pm. **Monday Night at the Movies.** Feature films and documentaries. Toronto Public Library, Beaches Branch, 2161 Queen St. East. Call 416-393-7703 FREE

July 21, 28 9 pm. **Longo's Free Flicks** at the Sirius Stage at Harbourfront, 235 Queens Quay West. All the movies shown have a G or PG rating and are food themed. July 21<sup>st</sup> Super Size me. July 28<sup>th</sup> In The Mood For Love. FREE

Fridays from the beginning of July - September 3 from 12:30 – 2:30 pm. **Free Film Fridays.** Feature movies suitable for family audiences. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Rd. 416-396-8890 FREE

**Every Tuesday.** Did you know that **Rainbow Cinemas** offers \$4 movie admission each Tuesday? See the latest movies for a relaxed price. See [www.rainbowcinemas.ca](http://www.rainbowcinemas.ca) for film times and theatre locations. Rainbow Woodbine Centre, Woodbine Shopping Centre, 500 Rexdale: 416-494-9371 Rainbow Market Square, 80 Front St. East at Jarvis: 416-494-9371 \$4

July 8, 27, August 5, 19 from 2 – 4 pm. **Afternoon at the Movies.** A fabulous film every other Thursday. Classics, new releases and documentaries. Toronto Public Library, Barbara Frum Branch, 20 Covington Rd. Room B, 3<sup>rd</sup> Floor 416-395-5440 FREE

Fri 23 to Sun 25. **Human Rights Documentary Film Festival.** View Canadian films that highlight human rights issues. NFB Mediatheque, 150 John Street. 416-973-3012 [www.hrdocfest.com](http://www.hrdocfest.com) FREE

Wednesdays July 7 – August 25 from 2 – 4 pm. **Wednesday Afternoon at the Movies.** A variety of classic and contemporary features films, documentaries and travelogues. Toronto Public Library, Beaches Branch, 2161 Queen St. East. Call 416-393-7703 FREE

## MUSIC

Fri 16 at 8 pm. **Del Castillo.** From Austin, Texas, these musicians offer an eclectic blend of Flamenco, Rock, Latin, Blues and World music. Yonge-Dundas Square, 1 Dundas Street East. 416-979-9960 [www.ydsquare.ca](http://www.ydsquare.ca) FREE

Fri 16 to Sun 25. **Beaches International Jazz Festival.** Outdoor concerts and street festival featuring 50 live bands. Woodbine Park, Lakeshore Boulevard East at Coxwell Avenue. 905-471-5404 [www.beachesjazz.com](http://www.beachesjazz.com) FREE

Wed 28 at 7:30 pm. **Rising Stars.** A classical music concert presenting the best up-and-coming musicians at the threshold of their professional careers. Walter Hall, Edward Johnson Building, 80 Queen's Park. 647-430-5699 [www.torontosummermusic.com](http://www.torontosummermusic.com) FREE

Fri 30 at 8 pm. **Humble.** Juno Award-Winning Reggae artist performs original songs. Yonge-Dundas Square, 1 Dundas Street East. 416-979-9960 [www.ydsquare.ca](http://www.ydsquare.ca) FREE

## TORONTO ZOO

Fri 23 from 9 am - 6:30 pm. **Kidsummer Day at the Zoo.** Children 12 and under receive free admission when accompanied by an adult (2 children max per adult). Toronto Zoo, Meadowvale Road 416-392-5929 [www.torontozoo.com](http://www.torontozoo.com) FREE with Adult Admission

Ongoing. **The Toronto Zoo.** With a valid adult Toronto Public Library card, you can borrow a Sun Life Financial Museum and Arts Pass (MAP) for you and your family or by yourself to get in free at 14 different Toronto venues, including the Royal Ontario Museum, the Textile Museum of Canada, The Bata Shoe Museum, and more. Each pass admits one family for free. Each participating library branch has a limited quantity of the passes (about 5) and they go fast so it is a good idea to contact the library and find out the best time to pick one up. Library info line: 416-393-7131

[http://www.torontopubliclibrary.ca/spe\\_ser\\_museum\\_arts\\_pass.jsp](http://www.torontopubliclibrary.ca/spe_ser_museum_arts_pass.jsp) Sun Life Financial Museum and Arts Pass (MAP). FREE

## WORKSHOPS/LEARNING

Wednesdays from 8 – 11:30 pm. **Juggling Club.** Professionals, amateurs and beginners welcome! Learn to juggle, improve your skills, impress your friends – and make new ones. Come join an easygoing gathering of juggling enthusiasts. Centre of Gravity Vaudeville Theatre and Circus Training Studio. 1300 Gerrard St. East 416-938-6030 [jen@centreofgravity.ca](mailto:jen@centreofgravity.ca) \$5

July 20 6:30 – 8:00 pm. **Learn How to Manage Your Money Better.** A representative from Credit Canada will be at the Burrows Hall Library at 1081 Progress Ave. to talk about money, budgets, debt and how Credit Canada can help you. Register by calling 416-396-8740. FREE

July 29 6 – 8 pm. **Ontario Works and Ontario Disability Support Program.** Topics include eligibility requirements, application process, and appeal process if application is rejected. Toronto Public Library, Agincourt Branch, 155 Bonis Ave. To register, call Wen Chen 647-388-3762. FREE

## WRITING/BLOGS

<http://addiction-dirkh.blogspot.com/> **Addiction Inbox: The Science of Substance Abuse** by Dirk Hanson. Articles and health studies about drugs, addiction and alcoholism, including the most recent scientific and medical findings. This is a high quality blog. Very up-to-date coverage of addiction related news and information exploration of social and scientific issues. Excellent reviews of new books on addiction. It covers a wide range of addictions.

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To subscribe to the *Bulletin* or the *Wellness & Recovery Newsletter*, please call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).

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